

The World's Fastest Workout

The 1-Rep Gym

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New Years promotion discount has ended on 1-Rep Gym

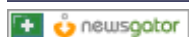
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Are You Ready For A Full-Body Workout in Only 4 Minutes... Per WEEK ?!

Prepare to throw away everything you THOUGHT you knew about burning fat, building muscle, losing weight and getting STRONG.

Introducing the world's fastest workout, the **1-Rep Gym™**.

Watch the video below and you'll see an INTENSE full-body workout that only takes minutes and requires just **ONE REPETITION of each exercise**.

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Watching this video you may have some questions, like:

How come nothing is moving? Don't you need to go through a full range

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of motion?

What's that meter reading? Did he REALLY bench 614!?

Isn't this just isometrics?

Is that REALLY a workout?

Well, let me answer the last question first. **OH, YES that is REALLY a workout.** In fact, what you just saw is probably a more intense workout than you've ever had. Using the 1-Rep Gym, you'll engage more muscle fibers than you could possibly activate with a traditional workout (we've soon post scientific studies demonstrating that fact!).

So, not only is the 1-Rep workout intense, it's something you can only do with the 1-Rep gym (okay, to be fair, you could do it with the EF-7000 from ExplosiveFitness, too... but the EF-7000 will cost you 50% more, take up more space, weigh 50% more, and take twice as long to use).

PLUS, with the 1-Rep Gym, you can **replace hours of traditional, long, slow cardio or high-intensity intervals (HIIT)** with just 15 minutes of 1-Rep Cardio. That's right you can use this same isometric exercise equipment for strength **and** cardio.

If you're already familiar with Pete Sicsco's Static Contraction Training, John Little's Max Contraction Training, or Shawn Bennet's Measured Intensity Training, then let me cut to the chase:

You're looking at the easiest-to-use, and most versatile, functional isometric exercise equipment that exists to give you the best workout of your life.

And we'll back up that claim by letting you try the 1-Rep Gym, risk free!

If you want to know WHY the 1-Rep can deliver these results in only minutes, check out: [Why Isometrics](#)

Want to see how the 1-Rep works? [Click here](#) .

View pictures of some of the [exercises you can do](#) , in just 1-Rep.

Questions (including how the 1-Rep stacks up against other machines and workouts)? Check out the [Frequently Asked Questions](#) .

Or, if you're ready to get started on the fastest, most powerful workout you've ever experienced, [order now, risk free](#) .